

State of Rhode Island
Office of Employee Benefits
One Capitol Hill
Providence, RI 02908

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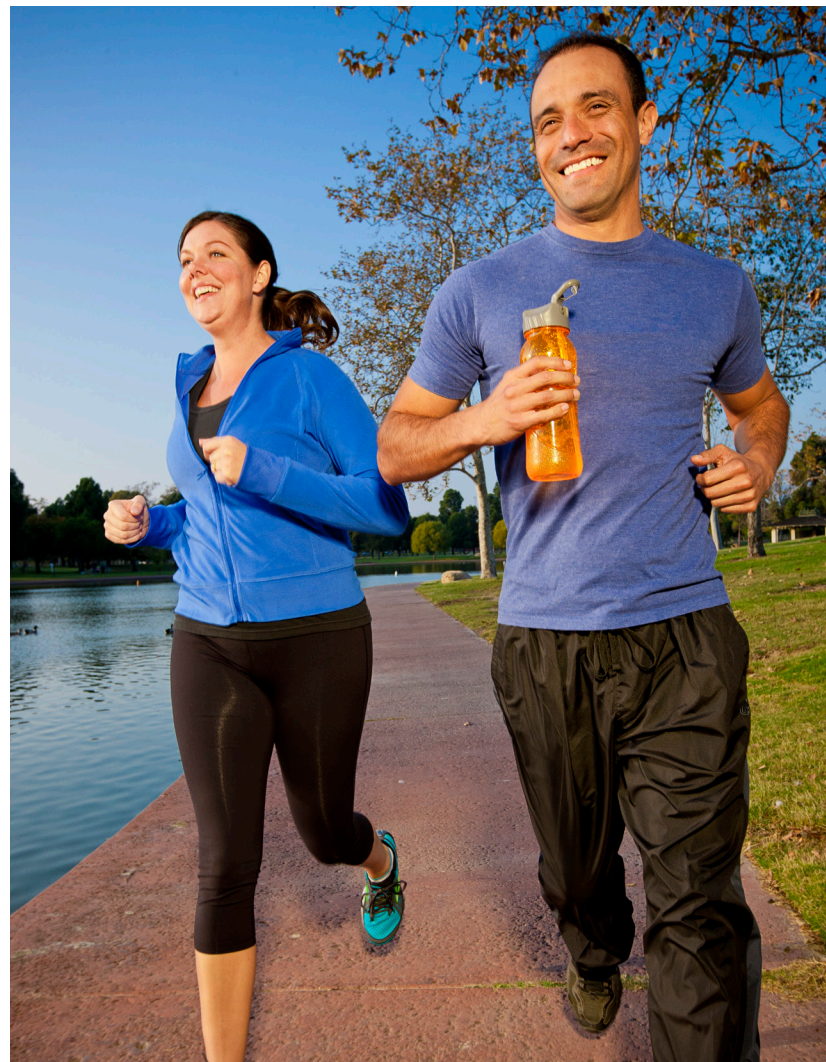
**State of Rhode Island
Rewards for Wellness:**

Take Steps in a Healthy Direction
and Earn Up to \$500!



**2017-2018
State of Rhode Island
Rewards for Wellness:**

Take Steps in a
Healthy Direction
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The State of Rhode Island is pleased to present the 2017-2018 Rewards for Wellness program.



State Employee Wellness Initiative

Dear Rhode Island State Employee:

I am pleased to announce the 2017-2018 Rewards for Wellness program. The Rewards for Wellness program is a state employee wellness program designed to help you become aware of your personal health status and participate in activities to stay healthy, improve your health, or live better with an existing illness. Through the Rewards for Wellness program, you have the opportunity to take ownership of your health care while also earning up to \$500 in credits toward the cost of your state employee health insurance co-shares.*

The Rewards for Wellness program has been a dynamic and evolving program during the last nine years. Each year, we work hard to bring you new and improved programs to address your needs, as well as maintain the basic fundamental goals of the program. For the 2017-2018 Rewards for Wellness program, we will continue to provide awareness activities, such as the Rally Health Survey, Biometric Screenings and Annual Preventive Exam. These activities provide you with up-to-date information on your current health status, which allows you to reflect on your current level of health. We are also implementing educational activities – including the myHealthcare Cost Estimator Tool activity and the Benefits 101 Podcast – which can assist in learning the best way to take advantage of your current benefit plan. Also included will be a behavior change activity called Rally Missions. Rally Missions allow you the flexibility to choose a health behavior that is meaningful to you and take action to improve that behavior.

The Office of Employee Benefits provides additional programs and services that can help you maintain and improve your health. You can read more about those activities in this brochure and on the Office of Employee Benefits website.

The Rewards for Wellness program is not just about completing an activity or reaching a target; it's about learning about your health and making changes for a bright and healthy future. We look forward to your participation in the upcoming Rewards for Wellness program year.

Sincerely,

A handwritten signature in black ink, appearing to read "Gina Raimondo".

Governor Gina M. Raimondo



* All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only employees who are paying co-shares based on the Rhode Island State Employee Health Plan rates that are posted at www.employeebenefits.ri.gov are eligible to earn co-share credit incentives.



State of Rhode Island

Rewards for Wellness 2017-2018 Program Calendar

Complete the following activities and earn up to \$500 in co-share credit!

NEW! The time of offer for all activities* is July 1, 2017- December 31, 2017.

Activity Description	Incentive Amount	Completed ✓	Incentive Delivery
Benefits 101 podcast	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> January 26, 2018
myHealthcare Cost Estimator	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> February 9, 2018
RALLY Health Survey	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> February 23, 2018
One RALLY Mission	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> March 9, 2018
Health Fair Screening Activities - earn up to \$200 in 1 day! Health fairs will be held between August and October.			
Obtain a Blood Pressure screening at a health fair or your physician's office** that is less than 140/90 OR consult with your physician and put a treatment plan in place	\$50	<input type="checkbox"/> Date: _____	<input type="checkbox"/> March 23, 2018
Cholesterol screening			
(a) Obtain a Total Cholesterol screening at a health fair or your physician's office**	\$25	<input type="checkbox"/>	<input type="checkbox"/>
(b) Earn an additional incentive with a Total Cholesterol of less than 200 OR watch the Healthy Heart Podcast and complete the corresponding quiz	\$25	<input type="checkbox"/> Date: _____	<input type="checkbox"/> April 6, 2018
Non-fasting Glucose screening			
(a) Obtain a non-fasting Glucose screening at a health fair or in your physician's office**	\$25	<input type="checkbox"/>	<input type="checkbox"/>
(b) Earn an additional incentive with a Glucose reading of less than 200 OR watch the Understanding Diabetes Podcast and complete the corresponding quiz	\$25	<input type="checkbox"/> Date: _____	<input type="checkbox"/> April 20, 2018
Body Mass Index (BMI) screening			
(a) Obtain a BMI screening at a health fair or in your physician's office**	\$25	<input type="checkbox"/>	<input type="checkbox"/>
(b) Earn an additional incentive with a BMI of less than 30 OR watch the Mindful Eating Podcast and complete the corresponding quiz	\$25	<input type="checkbox"/> Date: _____	<input type="checkbox"/> May 4, 2018
Annual Preventive Exam Time of Offer: January 1, 2017 through December 31, 2017	\$100	<input type="checkbox"/> Date: _____	<input type="checkbox"/> <input type="checkbox"/> 26 Pay Period Employees: May 18, 2018 & June 1, 2018 20 Pay Period Employees: May 18, 2018 & September 21, 2018

More program details are available from your agency HR office, Wellness Champion, and at www.employeebenefits.ri.gov. Visit PayStub RI for important program announcements.

* Incentives will be awarded for preventive exams received between January 1, 2017 and December 31, 2017.

**If you receive a screening at your physician's office you MUST submit a *Physician Screening Form* or a *Physician Blood Pressure Screening Form* to UnitedHealthcare.



Rewards for Wellness

Program Changes

As part of an ongoing effort to modernize the Rhode Island State Employee Health Plan, the Rewards for Wellness program is undergoing some changes. We believe these changes will increase employee participation and turn wellness into a year-round endeavor.

Align program year with calendar year schedule

- Just as the Rhode Island State Employee Health Plan transitioned away from the fiscal year to calendar year schedule by having a short plan year in the second half of 2016, the Rewards for Wellness program will also transition to a calendar year schedule with a short plan year in the second half of 2017 followed by a full calendar year program in 2018.
- This change allows the State Employee Health Plan and the Rewards for Wellness program to run on matching calendar year schedules.

One time of offer for all activities

- With the exception of the Annual Preventive Exam activity, all activities in the 2017-2018 Rewards for Wellness program will run from July 1, 2017 to December 31, 2017. The Annual Preventive Exam activity will run from January 1, 2017 to December 31, 2017 so that all annual preventive exams received in that timeframe will qualify for the incentive co-share credit.
- This change alleviates the pressure of multiple deadlines and makes it easier to focus on completing activities by the end of the year.

Ten consecutive incentive delivery dates in second half of fiscal year

- Activities will all run during the calendar year and incentive co-share credits will be delivered in ten consecutive pay days beginning with the second pay day in January.
- This change makes it easier to see incentive co-share credits being delivered.

What this all means for you

These changes are designed to make the Rewards for Wellness program fit more seamlessly into your life and help make wellness a year-round focus. This year, and subsequent individual Rewards for Wellness plan years will still be referred to as “2017-2018” or “2018-2019” but the activities will all be held in the first year and the incentives will all be delivered in the first half of the second year. The 2017-2018 Rewards for Wellness activities will end on December 31, 2017, and you will receive your incentive co-share credits from January 26, 2018 to June 1, 2018. But the 2018-2019 Rewards for Wellness program will start on January 1, 2018, so while you’re receiving your hard-earned credits for your participation in the 2017-2018 program year, you will be able to get started on, or even fully complete, the 2018-2019 activities. Credits for the 2018-2019 activities will be awarded during the first half of the 2019 calendar year. In December of 2017, the State will be sending you a brochure for the 2018-2019 Rewards for Wellness program. Participate in the Rewards for Wellness program, take steps in a healthy direction, make positive behavior changes and earn up to \$500!

2017-2018 Rewards for Wellness

Details for upcoming activities

Obtain an Annual Preventive Exam between January 1, 2017 and December 31, 2017.

Disease prevention and early detection are important to living a healthier life. Better health can result in lower health care costs. The following are preventive care services recommended by the U.S. Preventive Service Task Force (USPSTF) to help you and your family prevent illness or detect and treat it early. Please discuss with your physician the importance of preventive care and types of services you should consider. Under the Rhode Island State Employee Health Plan, preventive services are covered at 100%.

Eligible screenings include:

- Annual physical exam
- Annual gynecological exam
- Cervical cancer screening (annual pap smear)
- Basic metabolic panel (blood tests)
- Colonoscopy
- Mammogram
- Prenatal obstetrical exam

Earn two \$50 co-share credits for having an annual preventive exam during 2017. UHC automatically tracks your participation in this activity through your claims activity.

Note: If you have already had a preventive exam in calendar year 2017, you have already completed this activity.

Watch the Benefits 101 podcast and complete the corresponding quiz between July 1, 2017 and December 31, 2017.

The Benefits 101 podcast will teach you about important health-related benefits and how to access them. Once you watch the podcast, you must take the corresponding quiz in order to earn the \$50 co-share credit for the activity. The Benefits 101 podcast and quiz will be available through www.employeebenefits.ri.gov. Your participation will be tracked by the Office of Employee Benefits, but you can print your completion certificate for your records.

Note: You need to enter your name, UHC ID number and any additional required information, then click submit, to successfully complete the activity.

Complete one estimate on the myHealthcare Cost Estimator between July 1, 2017 and December 31, 2017.

The myHealthcare Cost Estimator helps you quickly and easily find personalized information before you see a doctor. The tool will show you the 4 Ps—Procedure, Provider, Price and Place—which can help you make empowered health care decisions. Completing an estimate will earn you a \$50 co-share credit. Your participation is automatically tracked by UnitedHealthcare. You can print the final page of your estimate for proof of completion. The myHealthcare Cost Estimator is accessible through www.myuhc.com.

Note: More information on how to use the myHCE tool, including a myHCE tutorial, is available at www.employeebenefits.ri.gov.



2017-2018 Rewards for Wellness

Details for upcoming activities

Complete the online RALLY™ Health Survey between July 1, 2017 and December 31, 2017.

The Rally Health Survey is an interactive experience that provides you with visual prompts in a clear and easy-to-follow format. Upon completion of the Rally Health Survey, you will immediately receive your results as a “Rally Age”- a number that provides you with an indicator of how your health age compares to your chronological age. It only takes 10 to 15 minutes to complete, and your responses will identify an individual action plan to help you improve or maintain your health. You will know you have successfully completed the Health Survey when you receive your Rally Age. Your participation is automatically tracked by UnitedHealthcare and you will earn a \$50 co-share credit for completing this activity. The Rally Health Survey is accessible through www.myuhc.com. More information on how to access the Rally Health Survey is available at www.wellness.ri.gov.

Note: You must be registered on myUHC.com to access Rally.

Complete at least one Rally Mission between July 1, 2017 and December 31, 2017.

Rally Missions are individual action plans, suggested based on your Rally Health Survey responses. Missions provide activities to help you improve or maintain your health and are designed to be simple, action-focused and attainable. Mission recommendations are made just for you under four categories: “Move,” “Eat,” “Feel” and “Care.” Rally Missions range in difficulty from easy to hard. To earn the \$50 co-share credit, successfully join and complete at least one mission.

Note: Rally Missions are four weeks in duration, so be sure to join early enough to complete a mission before the end of the activity on December 31, 2017. If you start a mission by Thanksgiving you will have enough time to complete the mission as long as you check in weekly.

2017-2018 Rewards for Wellness

Details for upcoming activities: Screenings

In order to be eligible for the assigned co-share credit, UnitedHealthcare must have a record of your screenings. If you obtain your screening at a health fair, UHC will automatically track your screenings. If you obtain your screening at your physician's office, you must obtain the screening between July 1, 2017 and December 31, 2017 and you must submit the appropriate form completed and signed by your physician. For the Blood Pressure activity, this form is the *Physician Blood Pressure Screening Form*. For all other biometric screening activities, this form is the *Physician Screening Form*. Forms are available at www.employeebenefits.ri.gov. All completed forms must be mailed or faxed by December 31, 2017 to:

Linda McCormick
UnitedHealthcare
475 Kilvert Street
Warwick, RI 02886

Fax Number: 401-732-7211

Please keep a copy of your fax confirmation for proof of submission.

If your screening does not meet the target, you may satisfy an alternative standard to earn the credit. Please read through each screening activity to learn more.

Additional information on each screening activity, the Health Fair schedule, and what to do if you prefer to receive your screenings at your doctor's office, is available at www.employeebenefits.ri.gov and from your agency HR office and Wellness Champion.

2017-2018 Rewards for Wellness

Details for upcoming activities: Screenings

Obtain a Blood Pressure Screening at a Health Fair, or in your physician's office that is less than 140/90. If your screening is over 140/90 consult with your physician and put a treatment plan in place.

High blood pressure is known as the “silent killer” as it typically has no symptoms and many people are not aware they have it. However, if high blood pressure goes untreated, it can have deadly consequences like congestive heart failure, heart attack, stroke, kidney damage, memory loss, vision loss, and heart disease.

Blood Pressure Level (mmHg)

Blood Pressure Category	Systolic mm Hg (upper #)	Diastolic mm Hg (lower #)
Normal	Less than 120	Less than 80
Pre hypertension	120 - 139	80 – 89
Stage 1 hypertension	140 - 159	90 - 99
Stage 2 hypertension	Greater than 160	Greater than 100
Hypertensive crisis	Higher than 180	Higher than 110

Emergency care needed

Obtain a blood pressure screening of less than 140/90, or if your screening is over 140/90 consult with your physician and put a treatment plan in place to earn a \$50 co-share credit. Screenings are available at the 2017 Health Fairs, or you can have your screening done at your physician's office. If you obtain your screening at your physician's office you must obtain the screening between July 1, 2017 and December 31, 2017 in order to receive the \$50 co-share credit. If your screening is over 140/90, or if you have your screening done at your physician's office, you must submit a signed *Physician Blood Pressure Screening Form* to UnitedHealthcare by December 31, 2017 in order to receive the \$50 co-share credit.

Cholesterol Screening

Cholesterol is a fat-like substance that your body needs to function. Your body makes cholesterol because it is needed to form cell membranes, some hormones, and bile acids (which digest fat). People also consume extra cholesterol through foods, especially animal foods like meats and dairy products. Your total cholesterol is a measure of the total amount of cholesterol in your blood and is based on the HDL, LDL, and triglycerides numbers. Keeping your cholesterol levels healthy is a great way to keep your heart healthy – and lower your chances of getting heart disease or having a stroke.

Total Cholesterol Risk Ranges

Normal	Less than 200mg/dL
Borderline At-Risk	200-239 mg/dL
At-Risk	240mg/dL

(a) Obtain a Total Cholesterol screening at a Health Fair, or in your physician's office between July 1, 2017 and December 31, 2017 and earn a \$25 co-share credit.

If you obtain a Total Cholesterol screening at a health fair, your participation is automatically tracked by UHC. If you obtain a screening at your physician's office, you must obtain the screening between July 1, 2017 and December 31, 2017 and you must submit a signed *Physician Screening Form* with the Total Cholesterol portion of the form completed to UnitedHealthcare by December 31, 2017.

(b) Earn an additional \$25 co-share credit with a Total Cholesterol screening of less than 200 OR watch the Healthy Heart podcast and complete the corresponding quiz.

If your Total Cholesterol is less than 200, you do NOT need to take additional action and will automatically qualify for the additional co-share credit. If your Total Cholesterol is 200 or more, you may still earn the additional co-share credit by watching the podcast and taking the quiz. The podcast and quiz are available at www.employeebenefits.ri.gov. **Note:** You need to enter your name, UHC member ID number and any other additional information needed, then click submit, in order to complete the activity. Once you successfully submit, your participation will be tracked by the Office of Employee Benefits.

2017-2018 Rewards for Wellness

Details for upcoming activities: Screenings

Non-Fasting Glucose Screening

Glucose measures the amount of sugar in your blood. Glucose is the primary energy source in your body. Insulin (a natural hormone produced by the pancreas) controls how glucose is used in your body. When the pancreas cannot produce enough insulin then blood levels of glucose rise, this is known as Type 2 Diabetes. Over time, high blood glucose may lead to diseases of the kidneys, eyes, heart and circulatory system, and the nervous system. Having your glucose checked can help to detect diabetes and other glucose metabolism disorders.

Non-Fasting Glucose Risk Ranges

Normal	Less than 200
Potential Risk	200 and above
Abnormal	Above 299

(a) Obtain a Glucose screening at a Health Fair, or in your physician's office between July 1, 2017 and December 31, 2017 and earn a \$25 co-share credit. If you obtain a Glucose screening at a health fair, your participation is automatically tracked by UHC. If you obtain a screening at your physician's office, you must obtain the screening between July 1, 2017 and December 31, 2017 and you must submit a signed *Physician Screening Form* with the Glucose portion of the form completed to UnitedHealthcare by December 31, 2017.

(b) Earn an additional \$25 co-share credit with a Glucose screening of less than 200 OR watch the Understanding Diabetes podcast and complete the corresponding quiz. If your glucose is less than 200, you do NOT need to take additional action and will automatically qualify for the additional co-share credit. If your glucose is 200 or more, you may still earn the additional co-share credit by watching the podcast and taking the quiz. The podcast and quiz are available at www.employeebenefits.ri.gov. Note: You need to enter your name, UHC member ID number and any other additional information needed, then click submit, in order to complete the activity. Once you successfully submit, your participation will be tracked by the Office of Employee Benefits.

Body Mass Index (BMI) Screening

Increased weight can put you at risk for: high blood pressure (Hypertension), high blood sugar, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and breathing problems, some cancers (endometrial, breast, colon, kidney, gallbladder, and liver), clinical depression, anxiety, and other mental disorders. According to the CDC, BMI can be used as a screening tool, but is not diagnostic of the body fatness or health of an individual. However, BMI can be an indicator of high body fatness. To determine if a high BMI is a health risk, a healthcare provider would need to perform further assessments.

BMI ranges Classification

Less than 18.5	Underweight
18.5 – 24.9	Healthy weight
25.0 – 29.9	Overweight
30.0 – 34.9	Obese Class I
35.0 – 39.9	Obese Class II
Greater than 40.0	Obese Class III

(a) Obtain a Body Mass Index (BMI) screening at a Health Fair, or in your physician's office between July 1, 2017 and December 31, 2017 and earn a \$25 co-share credit. If you obtain a BMI screening at a health fair, your participation is automatically tracked by UHC. If you obtain a screening at your physician's office, you must obtain the screening between July 1, 2017 and December 31, 2017 and you must submit a signed *Physician Screening Form* with the BMI portion of the form completed to UnitedHealthcare by December 31, 2017.

(b) Earn an additional \$25 co-share credit with a BMI screening of less than 30 OR watch the Mindful Eating podcast and complete the corresponding quiz. If your BMI is less than 30, you do NOT need to take additional action and will automatically qualify for the additional co-share credit. If your BMI is 30 or more, you may still earn the additional co-share credit by watching the podcast and taking the quiz. The podcast and quiz are available at www.employeebenefits.ri.gov. Note: You need to enter your name, UHC member ID number and any other additional information needed, then click submit, in order to complete the activity. Once you successfully submit, your participation will be tracked by the Office of Employee Benefits.

2017-2018 Rewards for Wellness

Frequently asked questions

What is the State of Rhode Island Rewards for Wellness program all about?

The Rewards for Wellness program guides you through steps to proactively improve your health by participating in health-oriented activities.

Who is eligible to participate and is it mandatory?

All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only employees who are paying co-shares based on the Rhode Island State Employee Health Plan rates that are posted at www.employeebenefits.ri.gov are eligible to earn co-share credit incentives.

Is my spouse or significant other eligible to participate?

No. Only employees are eligible to participate in the Rewards for Wellness program.

How will I receive the co-share credit?

Incentives will appear in your paycheck as a credit to your health insurance co-share, and there will be a notation on the lower left corner of your pay stub on Paystub RI.

Do I have to participate in all activities to receive a co-share incentive credit?

No. You will receive a co-share credit incentive for each activity you complete within the specified time frame.

Does the incentive apply to me if I am already engaging in healthy activities and behaviors?

Yes. All eligible employees may participate in Rewards for Wellness regardless of their health status. To receive co-share credit incentives, eligible employees must complete activities within the specified time frame.



2017-2018 Rewards for Wellness

Frequently asked questions

If I cannot attend one of the health fairs for the BMI, Blood Pressure, Cholesterol or Glucose screenings, what can I do?

If you are not able to attend a health fair, you can submit the appropriate *Physician Screening Form* or *Physician Blood Pressure Screening Form* to UnitedHealthcare during the time of offer. You **MUST** have your screenings done **during the time of offer** AND submit a completed form **by the final day** of the activity.

How can I verify that I completed each Rewards for Wellness activity?

All activity completion is tracked by either the Office of Employee Benefits or UnitedHealthcare. However, if you would like to verify your completion of an activity or double-check to see if you have been successful, you can use the guidance below. Your verification is for your files only, you do not need to fax proof to UnitedHealthcare or the Office of Employee Benefits.

Benefits 101 Podcast: When you complete the Benefits 101 podcast, you will be able to print a certificate of completion for your records.

Rally Health Survey: When you complete the Rally Health Survey you receive a Rally Age, which indicates successful completion. You may also receive an e-mail confirming your completion based on your personal settings. To print out confirmation for your records, visit your Health Profile on Rally and print your “Health Survey Report.”

myHealthcare Cost Estimator: For the myHealthcare Cost Estimator activity, you can print out the last page of your estimate as proof of completion for your records.

One Rally Mission: You know you have completed a Rally Mission when all four weeks are checked off under the “Mission Details” section (see figure 1). You will also receive a pop-up, congratulating you on your completion (see figure 2).

When you have successfully completed a mission you will want to immediately print or screen shot your Rally Missions page showing the four weeks checked off, or the pop-up congratulating you on your completion for your records. If you do not immediately print or screen shot one of these options, you may not see these again when you log into Rally in the future. This is due to the fact that Rally resets all missions to the beginning (week 1) once you complete a mission.

Figure 1

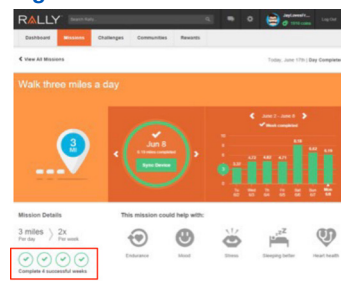
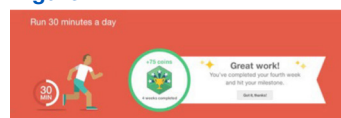


Figure 2



Blood Pressure, Cholesterol, Non-Fasting Glucose, and BMI screenings: When you receive screenings at a Health Fair your participation is automatically tracked by UnitedHealthcare, but you can save a copy of your screening results as proof. When you receive a screening at your physician's office you must submit a completed *Physician Blood Pressure Screening Form* and/or a *Physician Screening Form* to UnitedHealthcare. You can keep a copy of this form as proof and if you fax the form in, you can retain your fax confirmation sheet for your records as well

If you have to complete the blood pressure alternative, you must submit a signed *Physician Blood Pressure Screening Form* completed to UnitedHealthcare. You can keep a copy of this form for your records, as well as the fax confirmation sheet. If you have to complete a podcast and quiz alternative for the other screening activities, you will be able to print a completion certificate for your records.

Annual Preventive Exam: All preventive exams are tracked by UnitedHealthcare through your claims activity. You can print a copy of your claims summary from www.myuhc.com.

Note: The only information you may need to send to UnitedHealthcare would be a *Physician Screening Form* or a *Physician Blood Pressure Screening Form* as appropriate. All other activities will be automatically tracked.

2017-2018 Rewards for Wellness

Frequently asked questions

What if I don't have internet access?

Ask your agency HR representative if there are computers available. Internet access is also available at public libraries and on most cell phones.

Can I participate in programs on work time and use my work computer?

Participation in wellness programs is acceptable before and after work hours and on lunch and break times. Use of work computers is acceptable for completing online wellness programs.

Is my personal information protected?

Yes. Your personal health information will be protected in accordance with the Health Insurance Portability and Accountability Act (HIPAA) and will not be shared with the State of Rhode Island.

How do I register on Rally?

To register on Rally go to www.myuhc.com. If you are already registered, log in with your user name and password and proceed to the "Health & Wellness Tab" and click the Rally icon or the Rally Banner. If you have never registered on the site, click "Register Now" and follow the appropriate steps to complete registration, and then access the "Health & Wellness Tab" or the Rally Banner. Once you are on the Rally site, you will be prompted to register. Complete the appropriate steps to successfully register. Be sure to provide an e-mail you access frequently, as Rally sends important e-mails pertaining to the Rally Health Survey and Rally Missions.

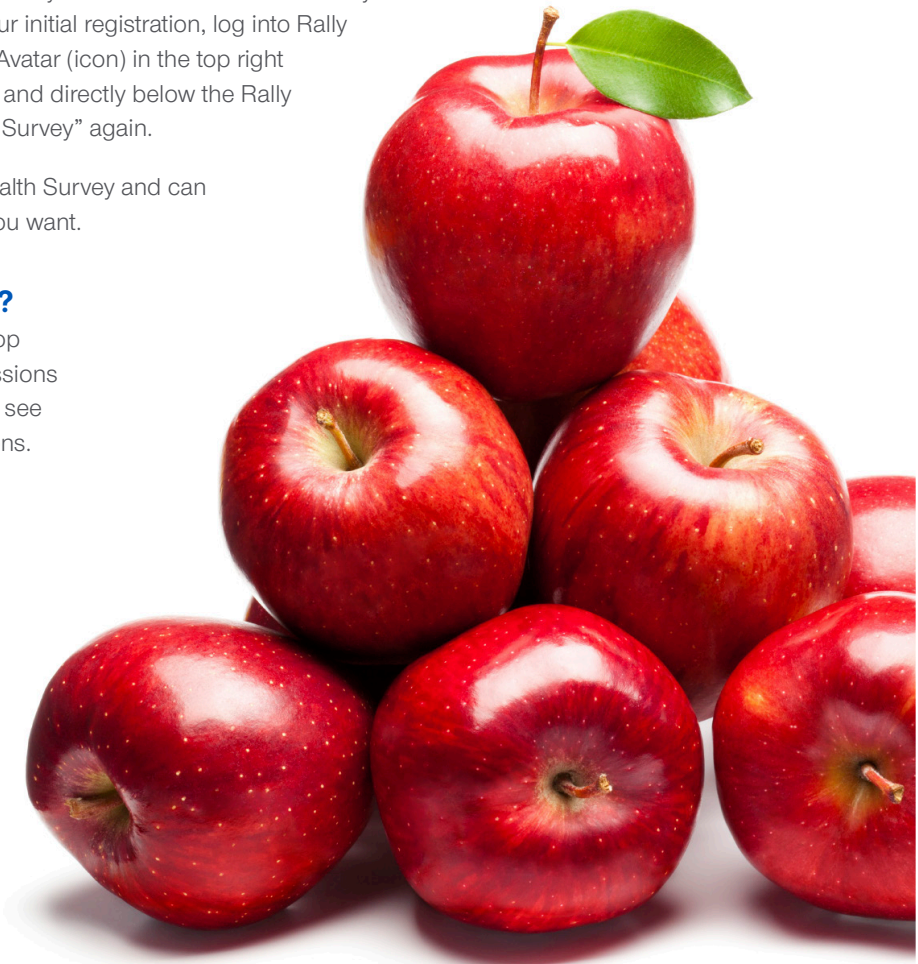
How do I access the Rally Health Survey?

Once you are registered on Rally you will immediately be taken to the Health Survey. If you need to access the Health Survey after your initial registration, log into Rally and access your Health Profile by clicking your Avatar (icon) in the top right corner. Scroll down until you see your Rally Age and directly below the Rally Age you will see "Retake Survey." Click "Retake Survey" again.

Note: You have unlimited access to the Rally Health Survey and can complete the Health Survey as many times as you want.

How do I access the Rally Missions?

Log onto Rally and click the "Missions" tab on top navigation bar. You will then be on the Rally Missions page where you can explore and join a mission, see your current missions and check on your missions.



Valuable tools from UnitedHealthcare

to help you live a healthier life

myuhc.com®

Provides personalized tools, information and answers for managing your health care. Log on at your convenience 24/7 to get important benefit, claims, health information and access to the medical Provider Directory.

UnitedHealthcare Health4Me App

Provides access to health information and decision support on your phone including: myClaimsManager, myNurseLine, digital ID card, progress towards deductible and out of pocket max, find a doctor, get an estimate and more! Download the App on your smart phone today!

NurseLine®

Provides access to a Registered Nurse 24 hours a day, seven days a week, and access to thousands of topics on the Health Information Library.

NurseLine nurses have an average of 15 years clinical nursing experience and are an excellent resource for information that can assist you in managing chronic conditions and more. Think of NurseLine services as your one-stop resource for information that can help you make informed decisions.

To contact NurseLine call **1-866-202-0434** or call the number on the back of your medical ID card. Be sure to save the number in your cell phone for easy access.

Virtual Visits

Available through UnitedHealthcare, Virtual Visits provides Rhode Island State Employee Health Plan members the ability to see and speak to a doctor online anytime from a mobile device or computer. Virtual Visits are good for doctor consultations regarding common acute conditions such as a cough/cold, seasonal flu, sore throat and sinus problems. Virtual Visits are not meant for any complex or chronic conditions requiring a hands-on exam or any kind of tests.

To access virtual visits, log on to www.myuhc.com. From the home page, scroll down to find Virtual Visits. Amwell and Doctor on Demand are the Virtual Visits providers. You will then need to have your UHC member ID card handy, as well a credit card for the copay. If you are enrolled in the 2014 Plan, your copay will be the same as a primary care doctor's visit - \$15. For Choice Plus Plan with HSA members, if the deductible has not been met, your cost will be the provider's contracted rate with UnitedHealthcare. Please disregard the rates advertised on the websites.



Valuable tools from UnitedHealthcare

to help you live a healthier life

Treatment Decision Support

Understanding your condition and choosing the right treatment is very important. You probably have questions about treatment options and how to determine what's best for you. Finding the answers can be time-consuming and confusing. Treatment Decision Support has helped thousands of people like you take charge of their health. Call to speak with experienced nurses who can provide the information and support you need to:

- Learn more about a diagnosis
- Understand treatment options and the risks and benefits of each
- Work more effectively with your doctor
- Know what to expect from surgery
- Find a resource for a second opinion
- Anticipate treatment costs
- Prepare for recovery

Nurses are available Monday through Friday, 6 a.m. to 9 p.m. Eastern Standard Time. You can call any other time to leave a confidential voice mail message and your call will be returned. For more information please call, **1-866-202-0434**.

Diabetes Prevention Program

The Diabetes Prevention Program (DPP) offers small group setting health coaching sessions to help you lose weight and prevent diabetes so you can live a longer, healthier life. The DPP is a 16-session lifestyle coaching program available in person at your local YMCA. In this 16-week program, you will learn actions you can take to lower your risk of developing Type 2 Diabetes. Program highlights include:

- One year of health coaching sessions at YMCA locations near you, no membership required
- Learn healthy eating habits, light physical activity, motivation techniques and stress management
- Free workbook and tools to track your progress
- Content approved by the Centers for Disease Control and Prevention (CDC)
- Available for family members over the age of 18

The DPP is available at NO ADDITIONAL COST to you through your Rhode Island State Employee Health Plan coverage. It is important to note that to be eligible for the DPP program, you cannot currently be living with diabetes. To enroll contact Joni Bloom at the Greater Providence YMCA by e-mail at jbloom@gpymca.org or by phone at **1-401-427-1843**.

Case Management and Disease Management Program

As a member of the Rhode Island State Employee Health Plan, you may get a live phone call from a UnitedHealthcare registered case management nurse – your partner in the pursuit of better health. Here's what to expect:

- A phone call from a nurse in the event you experience a major health occurrence such as a hospital admission, serious illness or diagnosis of a chronic condition
- Advice from knowledgeable health care professionals. Our nurses have an average of 15 years of experience
- Help with coordinating the care you receive from different physicians, specialists and other caregivers
- Answers to the questions you and your family may have about your health
- If you would like to speak to a Registered Nurse, please call **1-866-202-0434** and ask to speak with a nurse

More program details are available from your agency HR office and Wellness Champion, and at www.employeebenefits.ri.gov.

Valuable tools from United Healthcare

to help you live a healthier life

Healthy Pregnancy Program

Get personal support through all stages of pregnancy and delivery at no extra cost to you. The Healthy Pregnancy Program will help you through every stage of your pregnancy and delivery. We provide 24-hour access to experienced nurses, access to our online Healthy Pregnancy Owner's Manual and other materials, as well as complimentary gifts and moneysaving coupons. To register for the Healthy Pregnancy program, call **1-866-202-0434** or visit www.healthy-pregnancy.com.

UnitedHealth Allies Discount Program

Helps you and your family save typically 10 to 50 percent on many health and wellness purchases not included in your standard health benefit plan. By visiting a participating health provider, you can save on:

- Cosmetic Dental care
- Vision care
- Massage Therapy
- Long-term care services
- Infertility treatment
- Hearing devices
- Gym Memberships

...and more!

Link to the health discount program from www.myuhc.com. Click on Extra Programs and Discounts in the right side bar. Then select UnitedHealth Allies and log into the discount site using your health plan ID card information.

Employee Assistance Program (EAP)

Your Employee Assistance Program (EAP) is here to help you, and your family, get the most out of life. We're ready to help with the small questions and the big problems, and everything in-between, such as:

- Managing stress
- Improving relationships at home or work
- Addressing legal and financial concerns
- Addressing depression, anxiety or substance use issues

This service is confidential and our EAP Specialists are available 24/7. They can provide you immediate help or direct you to one of our network providers for a no-cost, face-to-face consultation. To access EAP services go to www.liveandworkwell.com and enter access code "rhodeisland" or call **1-866-248-4094**. The Live and Work Well website also provides comprehensive health articles, tools, and a behavioral health clinician directory for your convenience.



2017-2018 Rewards for Wellness

Prescription Drug Coverage

Caremark.com

Register to access drug costs and coverage, refill/transfer/track prescription orders, view order history and drug list, print your ID card, and track your drug spend. Learn about the prior authorization process, ways to save time and manage costs.

Talk to a Pharmacist

Questions? Speak with a Pharmacist by calling **1-800-307-5432** or if you prefer email, go to www.caremark.com, sign in, go to "Health Resources" on the top navigation bar and click "Email a Pharmacist".

Sign up for 90-day Refills

Having your medication on hand is important. Switch to 90-day refills and save money and time. Get the same low price at mail or at CVS Pharmacy and refill only four times a year, not once a month.

To get started with mail delivery, visit www.caremark.com/photostart or call **1-800-307-5432**.

For pickup, go to your local CVS Pharmacy - at home or anywhere across the country.

MinuteClinic

Nurse practitioners and physician assistants offer a broad range of services to keep you and your family healthy. Diagnosing and treating illnesses, injuries and skin conditions, wellness, vaccinations, physicals, screenings and monitoring for chronic conditions.

- Open 7 days a week, evenings and weekends
- No appointment necessary
- Find the clinic with the shortest wait time
- Save a spot by holding a place in line

Visit www.minuteclinic.com or download the mobile app.

Smoking Cessation /Weight Loss at MinuteClinic

Start to Stop® program helps you successfully quit on your schedule. A trained practitioner will develop your personalized plan, set realistic goals and keep you on track.

The MinuteClinic® Weight Loss Program helps you lose weight by making healthy choices. A trained practitioner will develop your plan, set realistic goals, keep you on track and get you on your path to a healthier lifestyle, with the added benefit of lowering blood pressure and cholesterol.



CVS Caremark Mobile App

Download the app to access all the information available on www.caremark.com plus more. Many new features are accessible without signing in including:

Check Drug Cost Tool

Check a drug's price right in the doctor's office. Search for a drug, determine if it's covered, and what it will cost out of pocket. Provides available lower-cost options and prices multiple drugs in one session to get a better picture of the total cost.

Easy Refill – with two simple steps

Just enter your date of birth and mail service prescription number.

Drug Interaction Checker

Check drug interactions between prescriptions and over-the-counter medications or foods.

Pill Identifier

Use the color or shape and the imprint to identify pills that have been separated from their original packaging.

CVS Specialty CareTeam

Led by pharmacists and nurses specially-trained in your condition. Your own personal clinician will reach out to you to check in, offer support and guidance, communicate with your doctor and coordinate with others involved in your care. Available day or night, any day of the year, by calling the number on your prescription label.

2017-2018 Rewards for Wellness

Dental Coverage

Healthy Mouth, Healthy Body: Why Regular Cleanings Matter

Research shows that oral health is connected to overall health in several ways. Through annual exams, cleanings and x-rays, your dentist may be able to detect early signs of cancer, diabetes, kidney disease, heart disease, thyroid problems and high blood pressure. Brushing and flossing every day, along with regular dental visits and preventive care, is the best way to take care of your teeth and gums. Visit www.deltadentalri.com for more healthy tips.

Register Online & Get Tips

Create an online account at www.deltadentalri.com — we'll let you know when you have a claim or message to review. You can also sign up to get occasional wellness emails with tips and reminders about how to keep your teeth and gums healthy.



2017-2018 Rewards for Wellness

Vision Coverage

Life is better in focus

VSP Vision Care can help keep you and your eyes healthy. As a member, you receive access to care from great eye doctors, quality eyewear, and the affordability you deserve — all at the lowest out-of-pocket costs.



Protect your eyes with a yearly eye exam

It's important to see a VSP network doctor every year for a WellVision Exam. Through a WellVision Exam, VSP network doctors get a better view of your eyes. They look for eye health problems, such as glaucoma, macular degeneration, and diabetic eye disease. They also look for signs of health conditions, including high blood pressure, high cholesterol, and diabetes.

See well and stay healthy with VSP

Get the eye care that's right for you. Make your appointment with a VSP network doctor today! If you have questions or need help finding a VSP doctor, visit www.vsp.com or call us at **1-800-877-7195**.

